| **Lesson Guide** |
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| **Date:** | **Topic: Exercise** |
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| **Lesson:** |
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| Weight machines-Cardio |
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| **Materials:** |
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| Cardio Machines  Exercise Log  Cleaning Supplies |
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| **Learning Objectives:** |
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| * Students will identify cardio machines * Students will demonstrate safe usage of cardio machines * Students will clean exercise machines when finished * Students will record exercise in appropriate log |
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| **Structure/Activity:** |
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| 1. Introduce one cardio machine at a time (treadmill, bike, stepper, elliptical) 2. Students will choose a machine to use 3. Student will utilize the machine for a set amount of time 4. Student will clean machine 5. Student will record exercise in a log |
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| **Assessment:** |
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| Exercise Machines |
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